

Panhandle Health District Breastfeeding Promotion Council BREASTFEEDING INFORMATION AND SUPPORT

**If you need help with breastfeeding or have questions,
call any of these resource people.**

PANHANDLE HEALTH DISTRICT

WIC PROGRAMS

Coeur d'Alene WIC **667-5415**
Mary Monroe, RD Breastfeeding Educator

Bonnerr Ferry WIC **267-5558**
Laura Nishek, RD, IBCLC Lactation Consultant

Sandpoint/Priest River WIC **263-5159**
Laura Nishek, RD, IBCLC Lactation Consultant

BENEWAH COMMUNITY HOSPITAL

OB Coordinator **245-5551**

BONNER GENERAL HOSPITAL

Lactation Consultant **265-1246**
Lori Bilodeau, RN, IBCLC

BENEWAH MEDICAL CENTER

Lactation Counselor - Cathy Armstrong RN **686-1767**

KOOTENAI MEDICAL CENTER

Lactation Services Department **666-2028**
Mary Joan Briske, RNC, IBCLC, Ruth Willford, MSN, RNC, IBCLC,
Michelle Coon, RNC, IBCLC, Sheryl Hanna, RNC, IBCLC

COMMUNITY RESOURCES FOR BREASTFEEDING SUPPORT

Mother's Haven **676-1300**
Alisha Burgett, IBCLC
Breastfeeding support group Tues. 10:30 am to 12:30 pm

LA LECHE LEAGUE - MOTHER-TO-MOTHER SUPPORT

Volunteer Accredited La Leche League Leaders - 1-800-LALECHE
More information listed on the web: <http://www.llusa.org>



**For more information about the WIC Program,
contact the Idaho Careline at 211 or 1-800-926-2588**

**The WIC Program is an equal opportunity
provider and employer.**

Project of Healthy Mothers, Healthy Babies/*BEST START* Project; Panhandle Health District Breastfeeding Promotion Council; and Idaho WIC Program. For information, contact Cristi Litzsinger, (208) 334-5948 or litzsinc@idhw.state.id.us. IDWICR 04/05